

AMENDMENTS TO THE SPECIFICATION

Please amend the paragraph beginning on line 8 of page 10 as follows:

Four subjects (males ages 18-45 yr) consumed one serving of a dietary supplement as described herein four times per day for five days. Each serving of the dietary supplement is approximately 96 g and includes the following active ingredients:

<u>Compound</u>	<u>Amount</u>
creatine monohydrate	about 7.5 g
creatine magnesium chelate	about 2.5 g
Cinnulin PF [®] TM (a source of water-soluble extracts of cinnamon available from Integrity Nutraceuticals International)	about 200 mg
carbohydrates (dextrose, maltodextrin, trehalose and maltose)	about 69 g

Each approximate 96 g serving is mixed with 8 ounces of water to provide a liquid drink for consumption. The subjects followed a weight-lifting regime on four out of the five days. On these four workout days, the subjects consumed one serving of the dietary supplement 60 minutes before working out and another serving of the dietary supplement immediately after finishing working out. The subjects consumed the remaining two servings of the dietary supplement with carbohydrate-containing meals. On the one non-workout day, the subjects consumed one serving of the dietary supplement every four hours. This study demonstrated that administration of the dietary supplement caused an average 20% increase in strength among the subjects, as measured by benchpress (number of repetitions) to failure.